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MINDEN

Vol. 2, Number 14

R.R. 2, Minden, Ontario K0M 2K0

Wednesday, April 12, 1978

## OPP detachments team up, nab Marina robbery suspect

HALIBURTON — Quick action by Minden and Peterborough OPP and the Security officers of United Parcel Courier Services in Toronto, helped in the capture of a man who stole \$710.00 in cash from one of the offices at Haliburton Marine Ltd. in Haliburton on Monday afternoon.

Rodney C. Johnson 24, of Talwood Drive in Peterborough has been charged by Minden OPP with theft over \$200 and possession of stolen property valued at over \$200.

Minden OPP received a report from Haliburton Marine Ltd. around 2 p.m. Monday that a bank bag containing \$710.00 in cash had been stolen. Constable Al Bibby was assigned to the case and upon further investigation it was learned that a delivery service had been in the building earlier in the day. Police were unable to locate the delivery truck anywhere in Haliburton County so they called in the Peterborough OPP Detachment. They in turn contacted the Security Branch of United Parcel Courier Services in Toronto and with the assistance from these people, who held the suspect, police were able to recover \$703 of the \$710 stolen.

Johnson will appear in Minden Court on June 13th to face the two charges laid. Investigation was handled by PC Al Bibby of Minden and PC Al Dawson of Peterborough.

## \$30,000 in damage when fire destroys Harcourt home

HARCOURT — Late Saturday evening a fire broke out at the home of Sherwood Townsend, on Lot 15, Concession 1 in Harcourt Township. The Monmouth Fire Department attended the blaze but the home was completely gutted. No one was home at the time of the fire and no cause has been determined by the Fire Marshall's office as of this date.

Damage has been estimated at \$30,000. Investigation by PC Roy Telford of the Minden OPP.

## Single Parent group may be formed in Hal. County

MINDEN — The Haliburton County Social Planning Council will, on Tuesday, April 18th at the Anglican Church Parish Hall in Minden, be holding a meeting in hopes of forming a single parents group.

All single parents, male or female, in Haliburton County are invited to the meeting which starts at 7:30 and goes to 9:30. For further information in this regard please call 286-1500 or 457-1537.

## Horticultural Society meets for general meeting, Minden

MINDEN — The monthly general meeting of the Minden and District Horticultural Society was held on Tuesday, April 4th at the municipal building.

President, Mrs. Elizabeth Carroll welcomed everyone and introduced the guest speakers for the evening, Mr. and Mrs. Leroy Brown, of Lindsay.

An agricultural representative and graduate of Guelph University, Mr. Brown spoke on preparations for spring gardening and cleaning and sharpening of garden tools in readiness for spring planting. He also explained to the more than 50 horticultural enthusiasts how an ice damaged tree or shrub could be saved, how to prepare flats for starting new plants and the proper methods of pruning and spraying.

## Victoria-Haliburton Wardens Visit Ottawa

Bill Scott, M.P., Victoria-Haliburton was pleased to host the Wardens of Victoria and Haliburton Counties recently when they visited the nation's capital to attend the national prayer breakfast.

Dave Murray and Keith Tallman travelled to Ottawa on March 15 as invited guests to the annual parliamentary prayer breakfast for national leaders from across Canada.

The national parliamentary prayer breakfast has been held in Ottawa for the past 13 years and brings together responsible leaders in a spirit of meditation

and prayer for themselves and their nation.

The breakfast further serves as a quiet demonstration that many men and women in positions of responsibility place a high priority on spiritual values.

In addition to the breakfast on the morning of March 16, Wardens Tallman and Murray

attended an evening dinner meeting the night before where they met various parliamentarians and other individuals involved in the prayer breakfast organization.

Speaker for the morning meeting was Mr. Jacques Du-

puis, Q.C., a Montreal attorney who has served as vice-president of both the Canadian and Montreal Stock Exchanges, and presently serves on the Quebec Commission for Alcohol Control.

One of the speakers at the evening meeting was Tom Skinner, former black gang leader from Harlem in New York City.

Other parliamentary prayer breakfast speakers in recent years have included such individuals as Jean Belliveau of the Montreal Canadians and Chuck Colson, former special assistant to President Nixon.



Shown above in the riding member's Ottawa office are (left to right) Dave Murray, Warden of Victoria County,

Keith Tallman, Warden of Haliburton County, and Bill Scott, Member of Parliament for Victoria-Haliburton.

Mrs. Brown also gave a talk on recycable crafts like masking tape, old bottles shoe polish, pot pourri, etc. Many questions were asked and answered and then Mrs. Carroll thanked the two visitors for taking time out to come to our club and bring some very interesting and informative ideas to the members.

The secretary then read the minutes of the previous meeting and they were adopted and approved. The president presented the Society with more pamphlets for our steadily growing library.

A suggestion was made that we invite Norland and Kinmount Horticultural Societies to our May meeting and this was accepted unanimously by the members. A letter was read by the secretary from the Township of Anson, Hindon and Minden council which stated that council was donating \$300 for the Society to use for its projects in 1978.

One such project discussed briefly at this meeting was "hanging baskets" for Minden's main street. A committee will be formed at the next executive meeting, which will be held on Monday, April 17th to decide on possibly ten of these baskets. Other projects are also to be discussed at this time.

## Some good news

The following is an editorial comment by Jack McArthur which appeared recently in the Toronto Star.

"You've heard all the bad news about how the country and the economy are collapsing around us. Here are 10 reasons for thinking the future isn't quite that terrible ... 1) Barring severe shocks from inflation and the national unity issue, the mood among consumers and businessmen almost certainly will improve ... 2) After rising only 3 per cent last year, the real volume of spending by consumers could gain 4 per cent this year ... 3) After some years of growth below the national average, Ontario should be above par this year ... 4) The stimulating effects of a cheaper dollar will move from theory to fact ... 5) Partly because of the dollar, corporate

profits will rise again ... 6) Canada's capital spending on new equipment, plant and other construction is likely to start picking up this year and may be stronger for some years ... 7) Governments really are responding, if sluggishly, to surging demands for a curb on their growth and 'interference' (in the economy) ... 8) Labor problems are less pressing, both in fewer days lost to strikes and in the moderation of wage gains which zoomed so far above productivity in the mid-70s ... 9) The U.S. commitment to annual growth at least 5 per cent is helpful ... 10) Despite always great expectations of July, the Argos once more will fail to win the Grey Cup. That will reassure Canadians that certain traditions remain as the dependably solid rock on which the future is built."



# TRAVEL SECTION

## Play millionaire on Jekyll Island

By Gary Kent-Smith  
Syndicated Travel News

Did you ever dream of the day when you could rub elbows with the millionaires in the world? At least now you can have a chance to spend some time in an area that was designed as a playground for millionaires.

This spot is none other than Jekyll Island, Georgia. It is snuggled up against the coast of Georgia and caressed gently by the Atlantic Ocean; it started out as a playground for millionaires; it is the smallest of Georgia's "Golden Isles"; and it now hosts thousands of visitors every year from all walks of life.

While it did have its start as a paradise retreat for the "very rich", Jekyll Island is now owned and operated by the state and is within the reach of everyone's pocket.

The island is ideal for sports activities, sightseeing, and relaxing. The State Park Authority administers a strictly-controlled development plan, and is to be commended for its fine job.

This small island, nine miles long by two miles wide, has a history dating back to the early sixteenth century. It was eventually purchased by a group of millionaires in 1886, and they created the most exclusive club in America. Their aim was to have a place where they could enjoy such pursuits as hunting, golf, tennis, polo, and fishing, and also to maintain a locale that "no unwanted foot ever touched".

Jekyll Island features four golf courses — three at eighteen holes and one nine-hole layout. All of the sports facilities are owned and operated by the State of Georgia, and the island is now a true playground for the general public.

The nine-hole course, called Oceanside, was modelled after the famed "Olde Course" at St. Andrews in Scotland. It was built originally as an eighteen hole course in 1927, but has now been trimmed to nine.

Oceanside features numerous sand dunes, and is still considered by thousands of golfers to be one of the most playable golf courses in the southeastern United States.

The newest of the courses is Indian Mound, so named because of the Indian artifacts that were discovered during the construction of the fourteenth fairway. The layout has six water holes, well-placed traps, and undulating greens.

During a break in the action, golfers and spectators can take advantage of the fine facilities in the clubhouse. It is well-equipped with the latest in golf fashions and supplies; restaurant facilities are also available to cater to one's inner self.

One must be careful, however, not to be taken aback by the natural beauty of Jekyll Island while competing on the golf course. It is not too much out of the ordinary to have to halt your approach shot to give way to a quail or wild turkey, who feel that they have the right-of-way.

Seemingly in keeping with the easy pace of life on Jekyll Island is the pricing policy at the island's golf courses. As mentioned earlier, while the island was originally a millionaires' playground, everything there now is geared for the average visitor.

You can play on all three eighteen hole courses all day for just six dollars; and the daily fee for the nine-hole course is \$3.50. The number of rounds one plays does not enter the pricing structure — these are all DAILY fees.

Not everything is golf-oriented on Jekyll Island — there are also indoor and outdoor tennis courts, beaching, and fishing. In addition, there are many old and restored homes that are being opened to the public.

Tennis is very popular on the island, and today there are courts at the sturdy, brown-shingled John Pierpoint Morgan structure. Available also are five other lighted, all weather courts with Grassette surfaces. These popular, nominally rented courts are open from nine in the morning until nine at night, and even later by reservations.

At the Fishing Pier, reached after a picturesque drive through oak-lined paths, one just has to toss a line into the ocean, and, with a bit of luck, haul in a fish. No licences are required for saltwater fishing.

There is a fairly wide range of hotel accommodation on Jekyll Island — from efficiency apartment units to full-service hotels.

One of the more impressive hotels is the Sheraton-By-The-Sea; designed excellently to fit into the wooded landscape. This hotel has an exterior decor which resembles rustic wood, and during the spring and summer, when the trees are full, the property would virtually be unseen from the road, although it is just a few yards away.

The interior of the hotel's units are 75 percent efficiency apartments, while the rest are regular hotel rooms. The decor inside is of the same high standard as the exterior, and the management has the clients' interest at heart.

As in the case with most of the south United States, the people resident on Jekyll Island make everyone feel right at home.

The island is situated equidistant from Savannah, Georgia, and Jacksonville, Florida. Both cities have large airports and several flights serve them daily. The hotels on Jekyll Island will also arrange to collect guests at either airport, so long as advance notice is given.

## Have a whale of a good time vacationing on Hawaii's Maui

By Michael Christopher

MAUI, Hawaii — You'll need more than 24 hours a day to enjoy Maui, even if you take a lengthy sabbatical.

That's the verdict of a recent vacationer who decided to pass up fast-paced Honolulu in favor of this neighboring Hawaiian island, with charm and warmth equal to if not greater than the better known capital of America's 50th state.

Fact is, if you decided to continuously experience all of Maui's hula dancing, golfing, fishing, whale-watching, flower-smelling, volcano-climbing, not to speak of shopping, eating and drinking, you'd need at least 48 days and 17 hours to do it all, by actual count. And that does not include relaxing or sleeping.

Luckily, days are reported longer on Maui because, as legend has it, an ancient Hawaiian demi-god wanted it so. Annoyed because there weren't enough hours in the day to dry his mother's fishing nets, he took strong strands of island hemp and tied 16 sunrises to a mountaintop until the sun promised to slow its course across the sky.

Now, are you ready for hula classes? They are fun to take or watch, for there is nothing softer and smoother than the instructress's move



**THE HULA IS SYNONYMOUS WITH HAWAII** — It's been around longer than the waltz, foxtrot, twist and hustle, but many visitors to Hawaii have never tried the hula. Guests at the new Hotel Inter-Continental Maui quickly get into the hula mood when an alluring teacher shows them how to coordinate hand and hip movements. Lady guests often bring their menfolk back for lessons, which are given regularly at the hotel.

to the alluring beat. Do you glimpse Dorothy Lamour in a sarong? Corny? Not when you're there, experiencing it.

Whaling and the sea have always been a way of life on Maui, and the nautical theme carries today on the island. Or would you believe an ice cream parlor called Sea Scoop, that Pier 49 has puka and scrimshaw, and that H.S. Bounty is the name of a seafood restaurant, all in Whalers Village, one of many resort attractions.

The old whaling port of

Lahaina, once the capital of all Hawaii, is another fun excursion target, particularly for land-lubbers with salt in their veins.

And there's great eating at the Whale's Tale (fresh island fish) and at the Banyan Inn (steaks) opposite Lahaina's famous giant banyan tree, which casts a full acre shadow and is over a century old.

The visit wouldn't be complete without a journey up West Maui mountain and Mt. Haleakala crater, or, for

a most unusual treat, some whale watching.

While the best period for watching whales is from December to March, they can be seen frolicking in the surf at other times. During the mating season, humpback whales sometimes put their flippers around each other — in a whale of a hug!

A final pearl of wisdom: the Hawaiian state flower is not the orchid. It is the hibiscus, which appears in the islands in over 5,000 varieties.

## The sounds of travel enjoyment

Every year a million Canadians happily go on vacations, toting a million cameras — and, why not? Ever since the advent of Kodak's Brownie, holiday snaps are taken for fond remembrances of summer fun.

Not too many of us are yet taking advantage of that relatively new item — the portable cassette recorder. Actually, although the cassette recorder was brand new in 1963, there's now almost as many in Canadian homes, as there are cameras. So why not, the next time you go on vacation, take along an economical portable cassette, and get the sounds, as well as the pictures of your vacation.

They carry like a camera, weigh no more than a 35 millimeter S. L. R. with gadget bag and easily fit into your baggage even if you're flying. Actually most makes will fit hand baggage comfortably, though you're probably not masochistic enough to record the conviviality of your Company's group summer charter flight to Acapulco. Or are you? There's many a laugh possible at an office Christmas party playback!

Don't discount the pleasure of being able to playback the sound of your son's or daughter's negotiations

with that Gaspé fisherman at the same time as your slides show the mouth watering five pound fresh-caught lobsters.

Just to hear again the calling of the seagulls in enough to send the landlubber off for drawn butter.

How many of you Britishers can recall the sound of Big Ben, striking nine chimes and the B.B.C.'s "Good Evening, here is the nine o'clock news". You can bring it back with you on a cassette, this fall.

The sounds of market places, near or far, make for so much more remembered enjoyment than just slides or even movies of just so many silent, foreign faces.

The clip-clop of the horse and calèche in Quebec City can really bring to life that silent equine that's merely visible on the screen.

Accents in languages both understood and not understood, the Cockney pedlar in Petticoat Lane or the complaints of an allegedly under-tipped Mexican cab-driver. All are bound to bring back gales of laughter when played back months or years later.

Certainly you can recapture many emotional or humorous situations with little conscious planning or effort. Over a period of time you can build-up a library of

sound; become an expert in the surf sounds of Nova Scotia, the Brittany coast or Barbados.

And when you're living a thousand miles from your parents, the recorded vacation sounds of a chit-chat about you or your brother's rebellious youth can bring back a whimsical smile. Although it's fairly common to use cassettes as "record-letters" between widely separated family members, many of the old folks will not themselves operate the new fangled machines!

Portable cassette players are largely foolproof; but there's some practical tips on what to look for and how to record. First there's no real need for stereophonic sound or for an expensive professional quality component, unless you're after a truly hi-fi recording of the alleged nightingales in Berkeley Square. You should have a recorder with an automatic record level: this is a common feature, which assists greatly in avoiding both weak recordings and loud, distorted overloaded recordings, choose a recorder with a separate microphone, not one with the microphone built-in. This lets you zero-in or "aim" the microphone whilst the recorder proper is over your shoulder, or on the ground.

Most portables are battery or line operated, and will operate on either power anywhere in North America. In England and much of Europe, you won't be able to operate the recorder on line voltage. Anyway batteries are essential for truly mobile recording. Batteries are obtainable internationally in standard sizes, so there's no worry on that score.

The cassettes themselves are also available everywhere, use C30 (15 minutes a side) or C60 sizes, the C120 can more easily give problems. If you're travelling by car, keep the recorder and cassettes well away from direct sun. Don't try to record outside when wind is gusting around the mike — the noise will drown your recording. And finally when you get home, you can play your portable recorder back through your home stereo with the addition of a cable. You'll get much better quality and sound richness. And you can replay your vacation in your car, if it's cassette equipped.

The cost of a reasonable quality cassette recorder? Expect to pay \$60.00 to \$100.00. Don't get a unit with built-in radio, if you wish to record on an aircraft, as most airlines will not allow radios.

Housewives and commuters, let your recording of Hawaiian surf liven up your chores and driving!





## OUR WEEKLY BREAD



God gave many gifts to Adam and Eve when He created them to make their lives as easy as possible.

They were free from suffering, work, illness, and death. Then Adam refused to be obedient to God and ate the forbidden fruit, so God took

away his extra gifts except the right to obtain grace to earn Heaven.

So, man no longer infused knowledge must learn the answers his daily problems working and by doing over and over again, thus gaining experience. If

## Minden Area Merchants and Businessmen to Hold Meeting

AFTER AN ABSENCE OF SEVERAL YEARS, IT HAS BEEN DECIDED TO RE-ACTIVATE THE MINDEN BUSINESSMEN'S ASSOCIATION.

A SPECIAL MEETING IS BEING CALLED FOR TUESDAY EVENING, APRIL 18th AT THE MUNICIPAL OFFICES IN MINDEN AT 8:00 PM TO ELECT A SLATE OF OFFICERS AND REVIEW OVERALL OBJECTIVES OF SUCH AN ASSOCIATION.

ALL INTERESTED BUSINESSMEN, MERCHANTS OR THEIR REPRESENTATIVES ARE ENCOURAGED TO ATTEND. REMEMBER...

**Tuesday, April 18, 8 pm**  
MINDEN MUNICIPAL OFFICES

## SUBURBIA



"My father never helped me with my homework until they started teaching us sex education at school."



## Tamarack TV and Electronics

GOODERHAM: Tamarack TV and Electronics is a new business just opened last week, and is located in the old Silver Bucket Restaurant building, two miles west of Gooderham on Hwy. 503.

Jim Crocker 24, of Toronto, moved to Gooderham just over a year ago from Barrie, where he was employed as a salesman with Radio Trade Supply Co. Before this he was employed for three years with Canadian General Electric Ltd. in Toronto. Upon arrival in

Gooderham, Mr. Crocker went to work for Arrow TV & Communications in Haliburton, before finally deciding to strike out on his own.

Jim has now picked up the Admiral line of televisions (upper photo) and also services all makes of TV sets (left) as well as installation of TV towers. Why not drop in and see Jim and give him an old-fashioned welcome to the County of Haliburton.



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# Think small

## by Jim Smith

### What Unemployment Crisis?

Definition: Masochism is the practice of turning socio-economic policy-making over to bureaucrats and politicians.

Definition: Masochists are persons which put excessive liberal ideology ahead of common sense.

Definition: Canada — a masochistic nation in the Northern Hemisphere.

The trouble with unemployment is that it hurts. Even if you have a job, massive unemployment is no fun. When the unemployment is to a significant degree, a result of bureaucratic stupidity, however, the situation is embarrassing.

The post-war baby boom is causing futurists to worry about high unemployment rates as long ago as the mid 1950's. There was always the hope that the baby boom would create enough extra demand to generate the vital extra jobs. In fact, that is what happened. But, along the way, the bureaucrats piled up by changing the rules for unemployment insurance.

U.I.C. benefits had long stood at about 25% of pre-business income — high enough to keep someone alive between jobs but far from attractive. In 1971, however, the federal government raised that rate to about 40%. And, suddenly, it became an attractive strategy to work temporarily and then collect U.I.C. benefits.

The new conditions attracted many young Canadians to the work force who could not have looked for a job under other circumstances. The impact of this policy can be seen by comparing the actual number of Canadians in the labour market in 1976 with the number that should have been employed or seeking work if the participation rates of 1961 had remained valid until 1976.

In the under-25 age group, male participation rates rose by about 3% from 1961 (and would have been even higher had plentiful post-graduate fellowships not become available in the intervening 15 years, keeping many males out of the work force). Women's participation rates during that same period rose by an astonishing 62.2%!

Even eliminating the influence of changing social attitudes towards working women, the impact of generous U.I.C. benefits has been strong. Overall, 1,162,000 extra Canadians of all ages were in the work force in 1976 compared with the number that were predicted using the 1961 participation rates. (Even that number could have been larger if generous retirement benefits had not simultaneously encouraged many Canadians over 55 to seek early retirement.)

In other words, the employment statistics being generated at this time are misleading. Many members of the work force are, in fact, using temporary jobs only to obtain U.I.C. benefits. They are in and out of the labour force constantly. This, in turn, harms business — particularly the smaller businessman. No sooner is a worker trained than he or she leaves to collect unemployment "insurance". Small business knows the unemployment problem is exaggerated — for the most part they can't find enough Canadians who really want to work.

No government action is free. If only the bureaucrats would learn.

"Think small" is an editorial message from the Canadian Federation of Independent Business.

### TENDER

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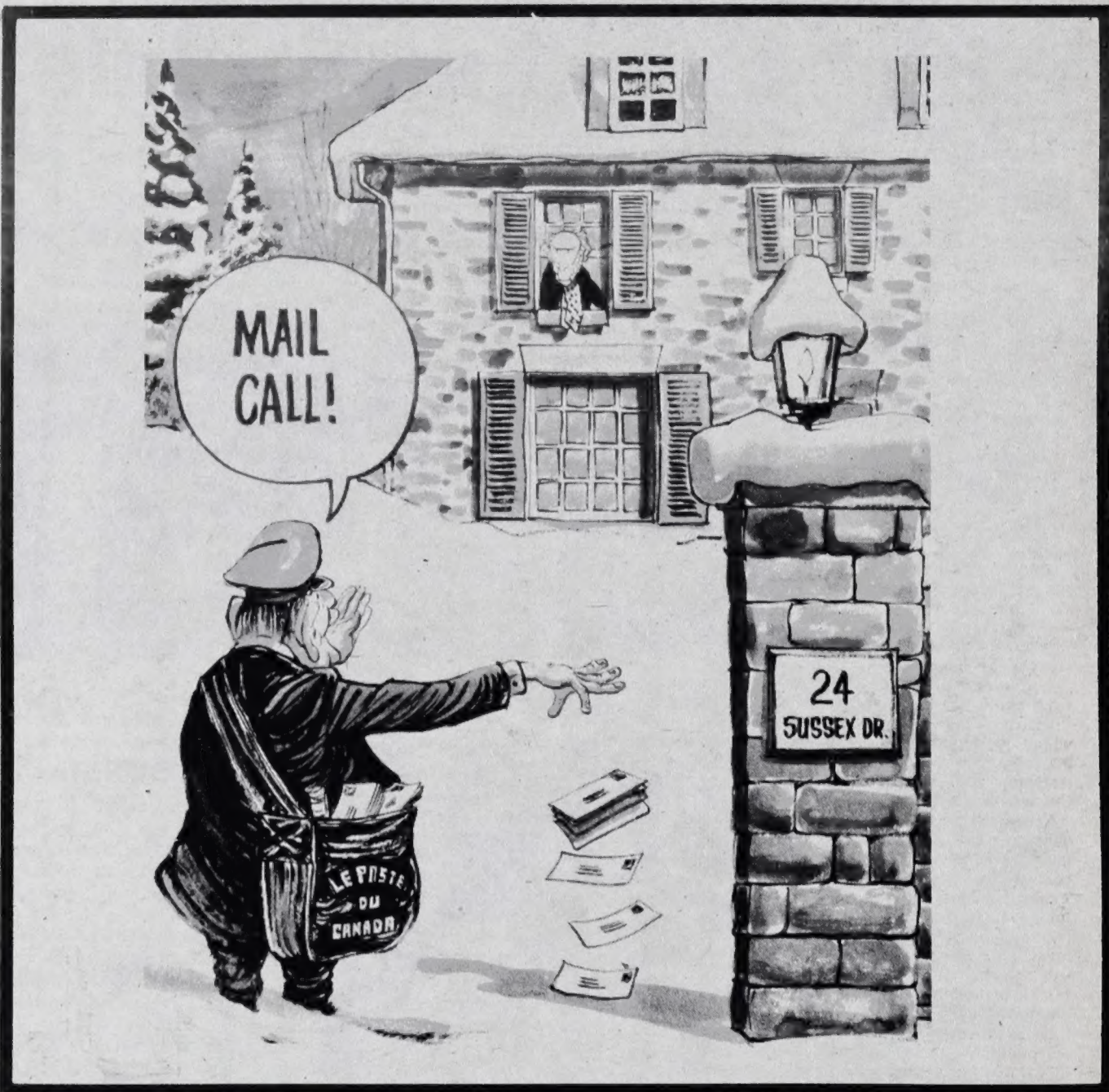
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Telephone: 489-2036

BOB MANN, Publisher

CLIFF BURKE, News Editor

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## Canadian Comment

BY PETER WARD

KREUZLINGEN, Switzerland — (SF) — The largest factory in this town on the shores of Lake Constance is MOWAG — an enterprise owned and operated by 74-year-old Walter Ruf.

MOWAG makes armoured cars, and right now there are Canadian armoured cars coming off the assembly line.

Several years ago when Canada was hunting around for a new armoured car, the MOWAG factory name just happened to come up. When their products had been investigated, it was MOWAG that won the \$150 million contract for 350 new armoured vehicles for the Canadian Armed Forces. It's really a pretty good deal for both Herr Ruf and for Canada.

Only the first 14 armoured cars are being made here in the Kreuzlingen MOWAG factory. The rest are being assembled in the General Motors plant at London, Ontario. Herr Ruf is building the suspensions for all 350 vehicles and collecting a royalty of \$7,500 on each one, too. He'll be getting \$251,000 for each of the 14 cars he builds, plus about \$85,000 for each car made in Canada to pay for the suspensions and royalties.

So far there's nothing special about the deal, but wait. When Herr Ruf came to Canada to firm up his deal, he found a company in Toronto making armour plate. Not only will all the vehicles in the Canadian order wear Toronto-made armour plate, but Canadian steel is now being shipped to Switzerland for

use in armoured cars being made for other MOWAG customers.

Herr Ruf has been having trouble obtaining Swiss government approval for some foreign sales of his armoured cars, because the executive council of Switzerland in Bern is even more fussy about who gets to buy weapons than is the Canadian government. Manufacture under license of MOWAG armoured cars for other foreign customers has therefore become almost certain.

The Swiss government will have no objection to MOWAG making and exporting suspensions for armoured cars to the GM plant in London, Ont., and GM of Canada has been given approval to act as international agent for the company. Several promising customers are now discussing deals, including Malaysia.

Not only has the deal Canada made with MOWAG for armoured cars provided the Canadian Armed Forces with a first-rate weapon, ideal for urban guerrilla warfare — but it has turned out to be an excellent arrangement for job creation and eventual foreign sales profits, too.

As far as the vehicle itself is concerned, it is impervious to Molotov cocktails, can make 105 kilometers an hour on the highway, the plating will stop any bullets up to .50 calibre machine gun rounds, and it behaves like a speed boat in the water. It's the best all-purpose armoured car I've ever seen, at a reasonable price.



## SLOW-COOKER MEALS

# It cooks dinner while you work

When slow-cookers came on the market a few years ago, I was one of the first in my circle to have one. I received it as a gift, used it enthusiastically for a couple of weeks and then forgot about it.

It just didn't seem to fit into my style of cooking. As a working cook, I have never been one to cook casseroles or stews. Watching a stew simmer away on the back of the stove is not my idea of a fun weekend.

Even though my slow-cooker did away with all that, I just wasn't in the habit of eating stews, so I rarely worked them into my menu.

Recently I resurrected my slow-cooker and gave it another try. I discovered that it doesn't just mean stews. I have used it for making spareribs and pork chops, Lamb Shrewsbury and a veal guyas. I'm told it will even make bread and cakes — which could be a blessing during the summer when you don't want to heat up the kitchen.

The long moist cooking allows you to use cheaper cuts of meat, and since the meat doesn't shrink much, it goes further than meat cooked conventionally.

If you have a slow-cooker gathering dust on a shelf, or have just received one for Christmas, give it a fair trial. Two books which will help you are the Bantam paperback, *Crockery Cookery* by Mable Hoffman, \$1.95 and *Woman's Day Crockery Cuisine* (Random House, \$10.25).

*Crockery Cookery* boasts an extensive consumers' guide to slow-cookers which includes a graph showing temperatures reached by each type of pot at a given time. According to Ms. Hoffman, cooking times for a particular dish will vary from pot to pot depending on the manufacturer. And large pots often have higher temperature settings than small ones since they are intended to heat up larger quantities of food. If you make a small recipe in a large pot, you have to allow for this. In some pots, the low setting is too low to leave food on all day; it is a warming setting, not a cooking setting. In others, the low setting is perfect for cooking.

There are other factors that affect cooking times, too, including thickness of your meat, the presence of vegetables, the amount of fat and bone. That's why it is hard to give an exact cooking time for a dish. Fortunately, an extra hour or two won't usually overcook a dish, which is nice to know if you're late from work.

Surprisingly, some vegetables take longer to cook than meat, so it is often a good idea to cut them smaller than normal. *Woman's Day Crockery Cuisine* has some helpful charts of approximate cooking times for various foods, including different times depending on how the foods are cut up and what they are cooked with. If you are converting a conventional recipe, author Sylvia Vaughn Thompson suggests reducing the liquid by a third since there will be little evaporation. You may have to adjust your seasonings and thickening agent too.

Using a slow-cooker takes organization. It's not easy preparing supper when you're half asleep in the morning. But you'll know it's worth it when you arrive home exhausted at six to find dinner ready to serve.

### SLOW-COOKER RIBS

Traditionally, I have cooked ribs in the oven, browning them first under the broiler and then covering with a bottled sauce, putting on the lid and cooking in the oven at 300 degrees for about three hours. We didn't have them very often.

Recently I tried the slow-cooker, putting a pound of the ribs into the cooker along with enough water to just cover. I turned the cooker to low, and left them to tenderize all day. Ten hours later, I took the ribs out, spread them on a baking sheet and brushed them with the following barbecue sauce before broiling about 4 inches from the heat

source until nicely browned on both sides (about 15 minutes).

Make your sauce up on the weekend or while you are cooking the night before to save even more time if you like. It stores well in the refrigerator.

#### Barbecue Sauce

1½ c. tomato ketchup

½ c. vinegar

1 minced medium onion

1 clove mashed garlic

1 tsp. Worcestershire sauce

1/16th tsp. black pepper

1 tbs. paprika

½ tsp. chili powder

a pinch of cinnamon

## The Cook Works

By GLORIA COLLINS



SLOW-COOKERS do meats and vegetables equally well. One of the better idea books is *Crockery Cuisine*, from *Woman's Day*.

1 tbs. butter  
1 tsp. French mustard  
a pinch of nutmeg  
¼ tsp. ginger  
1½ c. water  
½ c. honey

Put all ingredients except honey in a saucepan and bring to boil. Simmer slowly until sauce reduces by a third. Add honey and simmer a few more minutes.

### LAMB SHREWSBURY

4 lamb shoulder chops, ½ inch thick  
stock to cover (use chicken bouillon cubes)  
salt and pepper to taste  
½ tsp. each celery seed, basil and dried minced onion  
¼ tsp. garlic powder  
1 bay leaf  
½ c. red currant jelly  
8 oz. mushrooms  
cornstarch and water to thicken  
1 oz. sherry (optional)

Another 2 tbs. red currant jelly (optional)

Sear the chops quickly in a frying pan and then place in slow-cooker. Just cover with chicken stock and season with the salt, pepper, celery seed, basil, minced onion, garlic powder and bay leaf. Add the ½ c. red currant jelly and mushroom. Cover cooker and cook on low for 9 or 10 hours. Then thicken sauce by turning cooker up to high and adding cornstarch dissolved in a little cold water as needed (2 tbs. cornstarch should do). Add sherry if desired and another 2 tbs. red currant jelly if you want the sauce a little sweeter.

### VEAL GUYAS

2 spanish onions, finely chopped  
2 cloves garlic, finely chopped  
5 tbs. butter  
2½ lbs. stewing veal cut into 1½ inch chunks  
2 level tbs. paprika  
¼ tsp. celery seed  
1 bay leaf

a generous pinch each of marjoram, thyme and oregano  
salt and freshly ground black pepper to taste

1 lb. sliced mushrooms  
2 red peppers, diced  
2 green peppers, diced  
One 14 oz. tin tomatoes  
½ c. chicken stock  
½ pint sour cream

Saute finely-chopped onions and garlic in butter in a frying pan until transparent. Then add veal cubes and saute until golden. Transfer to slow-cooker. Add paprika, celery seed, bay leaf and herbs; stir well. Add remaining ingredients except sour cream; cover and cook on low 9 or 10 hours. Serve with sour cream.

### PORK CHOPS AND YAMS

2 yams, peeled and cut into ½-inch slices  
½ c. crushed pineapple  
2 tbs. frozen orange juice concentrate  
1 tbs. soy sauce  
1 tbs. sherry  
¼ tsp. ground ginger  
¼ tsp. white pepper  
4 half inch thick pork chops  
½ c. pineapple juice, unsweetened

Lay sliced yams on bottom of crock. Mix crushed pineapple, orange juice concentrate, soy sauce, sherry, ginger and pepper and brush all over chops. Put chops on top of yams, pour over the remaining sauce and add ½ c. pineapple juice. Cook on low 10 or 11 hours or until yams and chops are cooked. Adjust seasonings. Serves 4.



## Thinking Slim

BY JEAN NIDETCH

Let me tell you about Mark. He's a young businessman, the father of two small children, a successful, happily married man who loves sports.

And I mean he loves sports. On weekends and certain week nights ("football and baseball" widows know which ones), he seats himself in front of the television and loses himself in the triumphs and defeats of his favorite team.

He also does something else. He eats. Bowls of nuts, popcorn, snacking crackers, sandwiches, two and three pieces of fruit at one time. As long as there is a game in progress, he chews along, literally consuming pounds of food.

Of course, Mark is overweight. The strange thing is during the day, he told me a few weeks back, he never nibbles. "I don't even think about it," he

said. "I have a normal breakfast, a regular lunch and dinner — but the minute I sit down in front of that TV, forget it. I just can't seem to watch without eating."

Sound familiar? Heaven knows when I was fat I didn't even need the excuse of home-viewing to eat. But how many of us can sit in front of the TV without occasionally, at least, wanting to snack on something? And how many of us can watch those commercials tempting us to go into the kitchen (or put on our coats and go down the block to the all-night delicatessen)

We've simply trained ourselves to eat at an inappropriate time when we're not even really hungry. Our "appetites" are activated from habit, yes; but hunger? How hungry can you be 30 minutes after a full dinner? Mark is still fat, but he's getting thinner these days because, he told me, "When I finally became aware of what I was doing — and grew into another suit size — I knew I had to stop. And I did — with great difficulty at first, but I did it."

"For one thing, I stopped eating while watching TV and asked my wife and the children not to snack while

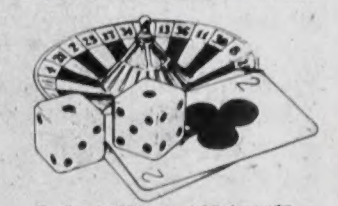
watching TV with me. When I still get the urge to snack while watching TV, I either shut off the TV, go into another room or start work on a hobby project. When I do snack (away from the TV) I eat crunchy vegetables or fruit."

Little by little, with determination, Mark outgrew his "growing" at the TV. He proved something all of us former fatties know to be true: we can all change our eating habits if we want to. And that's all it takes to change the size and shape of our bodies.

MOST CUTS of pork today are higher in protein

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# Sports



## Powerplay clicks for 4 goals

### Bantams beat Langton 11-1

MINDEN — The OMHA bantams served notice to Langton on Saturday evening before a Centre crowd of some 500 hockey fans that they are not the push-overs they thought. Minden dropped the first two games of the All-Ontario Bantam 'D' finals last weekend in Langton by the scores 5-1 and 6-5. However, it was a very different team that skated out onto the ice on Saturday here in Minden. After a very slow start, Minden got their act together in the third period, scoring eight goals on their way to an 11-1 trouncing of their visitors.

The biggest improvement was on the powerplay, where Minden scored four times. They had trouble getting it going in the first period when they had a two-man advantage for almost two minutes and didn't score. But it was a different story in the second and third periods.

Kevin Shapiera opened the scoring at the :59 second mark of the first period from Brent Moxam. At 1:13 of the second Harold Porter got his first of three goals, assisted by Scott Arbuthnot. At 10:05 Scott Arbuthnot made it 3-0 from Ron Yake. Then Yake picked up his first of three on the night, assisted by Shapiera, and that's how the period ended, 4-0. Arbuthnot's goal was the first of the four powerplay goals after Minden had failed to score on four previous tries. The third period was a typical third period for our Minden bantams. All season long the Jadek Sport boys have dominated their opposition in the final stanza.

Porter scored on the powerplay from Arbuthnot at 2:02. Then Langton scored spoiling goalie Terry Crowe's shutout bid at 3:51. From then on it was just a matter of how many Minden would score. Dave Lennie took a beautiful pass from Brent Moxam and blasted a shot from just inside the blueline that the goaltender has yet to see, making the score 6-1. Porter then got his third of the night unassisted. Yake scored his second 27 seconds later, also unassisted. Scott Arbuthnot upped the score to 9-1 with a blistering drive from the point at 9:24, unassisted. Yake then blasted in his third of the night at 12:32 from Porter and Jeff Melburn, and Ivan Ingram tipped in a short-handed goal on a super pass-out from the corner by Arbuthnot at 13:15 to make the final count 11-1.

If Minden continues to play the type of hockey they displayed in this game then there is no reason why they can't win this final series in four straight. Especially if Langton insists on taking the foolish penalties they took in this game. The officials handed out 15 minors to Langton, and it could easily have been 30, while Minden was assessed eight minors.

There were no standouts in this contest for Minden, the whole team gets first star rating on playing a super game.

## Juveniles drop pair, as

### Lucan wins All-Ontario

MINDEN — Vasey's Real Estate Juveniles came up against an excellent Lucan team in their quest for the All-Ontario Juvenile 'DD' championship over the weekend, losing 7-3 on Saturday before a sellout crowd and then dropping the fourth game of the series 7-2 on Sunday.

Lucan is full marks for their victory and are deserving champions as their sound defensive play and excellent offensive production was just a class above our lads. However, there is next year and Minden will have the experience from this series and have an excellent chance of going all the way in 1979.

In the game on Sunday, Brian Shaw scored twice with a single going to Dave Brown. On Sunday Brown and Tim Davies scored for Minden. Congratulations once again to the Lucan Juveniles on their victory and to the Minden boys, congratulations go out to you for supplying the hockey fans of Minden fine entertainment all season.



### Shawn Chapman wins face-off

MINDEN — Shawn Chapman of the OMHA Bantams wins yet another draw from Langton centreman on Saturday evening and it was this type of concentration

on face-off that led the Minden boys to their 11-1 trouncing of their visitors. Minden completely outplayed Langton in all facets of the game, including a 45-14 edge in shots on goal.



### Ron Yake nets third of game

MINDEN — The Langton goaltender must have wondered what happened to his defence on Saturday evening at the Centre as Minden poured through on him all evening in the third game of the All-Ontario Bantam 'D' Finals. Minden's Ron Yake is seen here all alone

in front of the Langton net. Ron scored his third goal of the game on this play. Harold Porter also enjoyed a great game, scoring a hat-trick, his second in as many games against Langton. Minden evened the final series on Sunday at 2-2, edging Langton 5-4.

#### Which One is the Drop-out?



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## ANNUAL MEETING

# Cliff Burke elected President of 1000 Lakes

WEST GUILFORD — The 1000 Lakes Bowlers Association held their second annual meeting at the Community Centre in West Guilford on Sunday. One of the biggest steps forward was the adoption of a constitution put forward by retiring president, Wes Stata. This will be distributed to each chairman and with a few minor changes, be brought to the May meeting for final approval.

A report from chairman Bill Phillips on the 77-78 membership situation in 1000 Lakes was read and there was a 200 member increase over 76-77. The final figures being Bancroft 454, Carnarvon 359 and Fenelon Falls 230 plus duplicates of Bancroft 100, Carnarvon 112 and Fenelon 72, came to 1327 members for the year. The above total represents 100% membership in both Bancroft and Carnarvon and approximately 75% membership in Fenelon.

Lottery chairman, Shirley Wilson gave her report

and this year 1000 Lakes sold 145 books on the OBC lottery out of the 150 on hand which puts the association right at the top of the 24 zones who participate each year in this lottery.

The financial statement given out by treasurer Ross Wilson shows 1000 Lakes in the best shape ever after their three years of operation with \$718.35 in cash and assets at the end of March 1978, in comparison to 1977 when the association ended their year with under \$300 in assets.

With one month left until bowling is completely finished in all three bowling lanes, records scores chairman, Cliff Burke reported 10 zone records set, four each at Bancroft and Carnarvon and two in Fenelon. There have also been 27 house records set with Bancroft leading the way with 11. Carnarvon has seven and Fenelon Falls has posted nine new records. There was also five 400 games rolled this season with Car-

narvon leading the way with three, including a perfect game by Bob Heppleston 410 by Bill Korz and 401 by Audrey Fountain. Others are 408 by Hank Searle in Bancroft and 420 by Steve Barton of Fenelon.

President Wes Stata then opened the meeting to the election of officers for the 78-79 season. The following will take the reins next season in the fourth year of operation of 1000 Lakes: president Cliff Burke, Minden; 1st vice-president Bill Korz, Fenelon Falls; 2nd vice-president Mike Croghan, Bancroft; past president Wes Stata, Haliburton; secretary Lois Bailey, Bancroft; treasurer Eddie Cox, Minden; membership Ross Wilson, Fenelon Falls; awards Bill Phillips, Bancroft; records, Cliff Burke, Minden; publicity Joan Deyell, Fenelon Falls; lottery Shirley Wilson, Fenelon Falls; tournament director Ron Robinson, Minden and certification agent, left open until after course being offered at OBC convention in June.

## YBC doubles championships produce some fine scores

The final in-house tournament of the season in the Carnarvon Lanes YBC program was rolled on Sunday with some terrific scores rolled.

In the senior division, Scott Arbuthnot and Stuart Burley came up winners with a six-game total of 1313. Scott posted scores of 247 and 205 to lead the pair to victory. Mike Hatkoski and his partner Cathy Darby finished second with 1281, with Mike leading the way with singles of 263 and 239.

The junior division was a tightly fought battle, with the winner in doubt until the final frames of the last game. Doug Schell and Jeff Stamp were finally crowned champions after posting a score of 1368. Doug bowled his finest games ever in this tournament to lead the team to victory, 196, 223, 145. Jeff pitched in with 181 and 173. Runners-up in the junior division were Dale Allison and Kelvin Mann. Dale put on a

super mornings worth of bowling, posting singles of 184, 205, 161.

In Bantam play it was no contest as the team of Susan Ballantyne and Jeff Warburton posted a four game total of 963. Second place went to the brother sister combo of Tony and Lisa McCloskey with 808.

### LEAGUE PLAY ENDS NEXT WEEK

The final week of league play will be bowled this coming Saturday at Carnarvon in the YBC program. The following week, play-offs will be rolled and on Saturday, April 29 the year-end awards banquet will be held at the lanes.

In looking over the final standings, two divisions, junior and bantam are still in doubt but the senior division has been won by Carnarvon Cleaners with 119 pts. while Sam's Superstars have 102.

All the final individual standings are now in as trophies have to be ordered. In senior, the 77-78 individual champions are: Cathy Darby, high average 177; Kim Griffin, high single 256; Linda Booth high triple 542. For the boys, Mike Hatkoski, high average 187; Warren Mann high single 334 and Sean Harrison, high

triple 659.

In junior division, Ann Everall has captured the high average with 174, Barbara Adams the high single 257 and Dale Allison the high three with 550. John Fountain has the top average among the boys of 146, Robert Heywood the top single of 262 and Doug Schell the high three of 554.

Individual champions in the bantam division for 77-78 are: Nancy Conway high average 108; Cindy Brown, high single 188 and Heather Boves high three 301. In the boys, Jimmy Masters captured the high average with 120, Andrew Boyes the single with 210 and Richard Beers the triple with 320.

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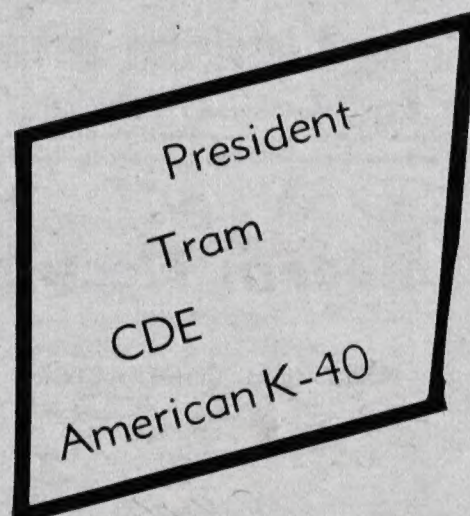
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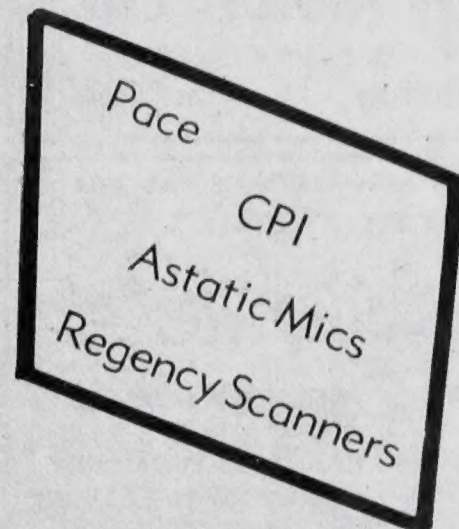
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Know your furnace and keep costs down

by Richard Charles

Are you like many people are with their furnaces: content to adjust the thermostat from time to time, and yell for help if the furnace doesn't put out the heat on cue? You may be losing money in one way or another if that is all you do about it — and you don't need to go to evening classes or read thick technical manuals to find out why.

A little book called **The Billpayer's Guide to Furnace Servicing** will help you out. Drop a line to Box 3500, Station C, Ottawa, Ontario, K1Y 4G1, and it's yours free. In it, the Office of Energy Conservation, Department of Energy, Mines and Resources explains simply how furnaces work, what to watch out for, what you can do to help, and what to expect from the serviceman who should be looking after the system for you.

If you are installing a new furnace, start right by having one to match the size of your home. If it is too small, it will work too hard and never warm the home properly. Also see that your model is approved for safety and sound construction. If it is, it will have a seal on it from the Canadian Standards Association, Canadian Gas Association or Canadian Electrical Association. Then arrange to have the furnace overhauled and serviced on an annual basis by your fuel supplier or local furnace service company to keep it working efficiently and safely.

With an oil furnace, the serviceman should visually check the filling and vent pipes, fuel indicator, oil lines, exhaust breeching or chimney pipe, furnace casing, warm air ducts, hot water pipes (if any), and the burner and burner chamber.

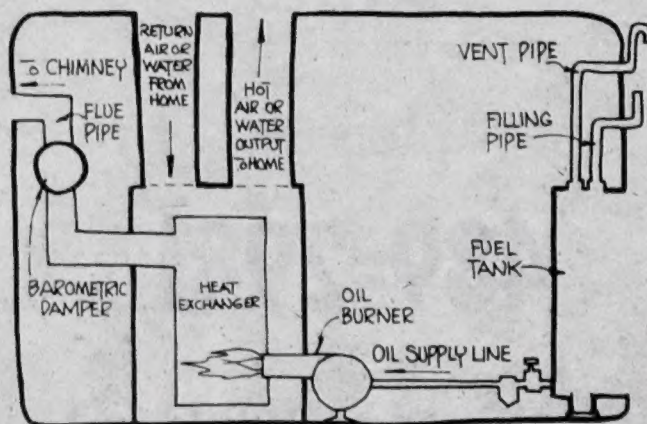
The overhaul should include the exhaust breeching, damper, stack controller (a cutoff safety device), chimney base, interior of furnace, fan, air filters, oil filters, oil burner and its accessories. The flue gas temperature, carbon dioxide content, smoke number and over-fire draft should all be measured with instruments. The furnace efficiency should be calculated and burner adjustments made if the efficiency is not satisfactory.

With a gas furnace, the serviceman's three visual checks should cover the vent connector, draft hood and chimney base. He should also check the burner's performance, which takes in the pilot light, flame, burner and air grill.

The annual overhaul of a gas furnace should include inspection of the heat exchanger, a thorough cleaning of the interior, and inspection of the fan and the air filters, and also the water systems (if any).

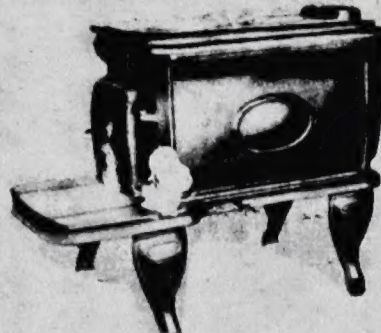
With both oil and gas furnaces, the serviceman can further improve efficiency in other ways. If necessary, he should adjust the speed of air circulation and the timing of the fan's operation. Another improvement may be to install a smaller oil nozzle if tests show that the furnace is wasting fuel by producing too much heat.

In addition to all this, it pays to keep an eye on the furnace yourself to see whether it is working properly. Don't try to make adjustments; they could be risky both for the furnace and yourself. Some practical steps you can take are in ensuring that conditions in the home help the furnace to work efficiently, especially by keeping dirt out of the system, and by promoting proper air circulation both for the furnace burner and the delivery of hot air. More about this and the other aspects of furnace care will be found in **The Billpayer's Guide to Furnace Servicing**.



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## Bantams tie series 2-2, edge Langton 5-4 Sunday

MINDEN — The fourth game of the All-Ontario Bantam 'D' finals was played at the Centre on Sunday afternoon and Minden tied their best of four of seven series 2-2, edging Langton 5-4.

The teams split four goals in the first period. Harold Porter and Ronnie Yake scoring for the home side while Joe DePaape and Art DeCoene replied for Langton. The second period saw Harold Porter get his second of the game from Scott Arbuthnot on the powerplay and Langton's Joe Volkaert tallied for Langton to end that period 3-3.

Minden upped the score to 5-3 before the halfway mark of the third on goals by Ivan Ingram and Yake. Langton made it close when Dave Van Ooteghem scored with less than two minutes of play.

The fifth game in this series goes Saturday at 6:30 at the Centre and the sixth is in Langton on Sunday at 4 p.m.

## Final league standings at Carnarvon Lanes for 77-78

### FOUR FLAVOURS CAPTURE WED. MIXED

The Wednesday mixed league regular season came to a close last week and the Four Flavours hung on to capture the league championship with 399 pts. Runner-up spot went to Marty's Smarties with 386, third place went to Helen's Hustlers with 379, fourth went to Pokey Oakley's with 358, fifth were the Rolling Stones with 341 and sixth with 333 were the Oakley's No Stars.

Individual winners for the year in each of the three categories of average single and triple were: for the men, Graham Brown with a 222 average, and 346 single. Dave won the triple crown with 812. In the women's division, Phyllis Sutherland had her best year ever in bowling, capturing all three divisions with 192 average, 297 single and 752 triple.

### BOTTOMS-UP WIN DORSET MIXED

Len's Bottom's-Up came through with 119 pts. throughout the 77-78 season and as a result were winners of the Dorset mixed league. Leta's What Nots gave them a real run through the year but had to settle for second spot with 106 pts. Herb's Hookers finished third with 96, Ron's Easy Riders rode into fourth place with 90, and the Bobcats and So-What's shared the cellar with 78 pts.

Boyd Griffin and his wife Diane each took top honours for the year in average with 210 and 183 respectively. Allan Graham took the high single with 302 for the men and for the ladies Linda Baker rolled a high single of 297. Bob Webb came through with the top triple of 707 while Mildred Richardson took the same honour with 757. The most improved bowlers award this season goes to Allan Graham with an average 19 pins lofter than last season for the ladies, Doris Keown improved her average 18 pins.

### MUPPETS FINISH IN FIRST WITH 408

Tuesday 9 pm mixed league ended their 77-78 season last week and the Muppets emerged as the champions accumulating 408 pts. over the year. The Oversized Specials gave it all they had down the stretch but had to settle for runner-up spot with 389 pts. The Tuesday Terrors struck enough fear into the league to finish third with 377. The Huskies were in fourth at 368, Charlie's Angels came fifth with 356 and the The Tornadoes came last with 351.

In the average race for the season among the men, Ronnie Robinson Jr. came up with 226 while father finished second at 219 and Gord Everall third with 213. Marnie Robinson led the ladies with 206, followed by Audrey Fountain at 192 and Lil Martin with 189. In the single competition, Fred Cox finished on top with 376 while the top lady was Barbara Allison with 342. Fred Cox also captured the high three with 843 and Marnie Robinson did likewise with 755.

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SOME KIDS have all the fun. Dalilah Woodcock, born into a circus family, earns her cookies and milk as an elephant girl. Here she waves to the audience during a Ringling Bros. and Barnum & Bailey Circus performance.

## Jolly Green Thumb BY MARY FUREY CRYMES

Somehow, the old yard and garden never look as tired and discouraged as they do right when the snow finally melts. The ground is soggy and barren and the whole area has a dispirited air.

Try not to look at it while you begin plans to transform it to a bower of beauty with annuals. These useful, inexpensive easy to grow flowers bloom the first season and languish in fall's frost. But, oh, the wonders they work in their brief life span. As borders, to edge clumps of trees, separate lawn areas, skirt patios, flank porches and walkways, you can't beat lovely annuals. Some should be started in indoor seed flats right now, as they can take up to three months before planting.

Geraniums, for example. If you opt for growing these from seed, figure 10 to 12 weeks indoors before the last expected heavy spring frost. Begonias also take time in seed flats and hardy annuals like marigold and zinnia bloom earlier outdoors after a healthy start with proper humidity and light. Get out the seed flats, clean and line them and buy seeds at the nursery or from the new catalogs.

Some of the loveliest annuals go directly into the ground as soon as it's workable. When the weather bureau gives the all-clear on frost, plant sweet peas. Annuals designated as "tender," (isn't that sweet?) go outdoors when all chance of frost is past — beauties and camouflage experts like Verbena, Nasturtium and Morning Glory. A garden catalog will fill you with annual anticipation and give you ideas on how to improve the bleak-looking yard. You'll want to be your own landscape artist, so capture your ideas on paper, start your seeds and be ready to be the master of transformation when the time is right.

## Carnarvon Play-Off Action

|                         |                            |      |
|-------------------------|----------------------------|------|
| <b>MAPLE LAKE MIXED</b> | Jack Yateman               | 3081 |
| Championship Series     | Eva Piper                  | 3073 |
| Audrey's Angels         | Pearl Foster               | 3068 |
| Dan's Dynamos           | Ada Gibbs                  | 2927 |
| Ev's Strikers           | <b>UNITED CHURCH MIXED</b> |      |
| Consolation Series      | (one week left)            |      |
| Fred's Foxes            | Donna Hicks                | 6125 |
| Ron's Rollers           | Gladys Wruth               | 6117 |
| Lynn's Loafers          | Hetty Green                | 6024 |
| <b>INGOLDSBY MIXED</b>  | Louise Preston             | 5877 |
| (one week left)         | Carol Kellett              | 5894 |
| Wally Crofts            | Dorothy Eastman            | 5751 |
| Cec Robinson            | <b>DORSET MIXED</b>        |      |
| Don Hicks               | Mary's Bobcats             | 3624 |
| Eric Burk               | Len's Bottoms-Up           | 3470 |
| Harry Henderson         | Ron's Easy Riders          | 3366 |
| Gord Darby              | Herb's Hookers             | 3277 |
| <b>TUESDAY COMBINES</b> | Leta's What Nots           | 3260 |
| Lil Gorveatt            | Art's So What's            | 3150 |
| Art Beatty              |                            | 3117 |

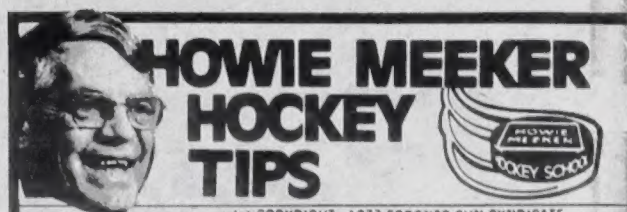
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### HOCKEY GLOVES

In most lower priced gloves there is little or no protection for the most vital area, the wrist. Most gloves have one piece of fibre that protects the thumb and another over the top of the wrist. If you examine a boy's glove you will often see a gap wide enough to admit a blow from a hockey stick between the two fibres, on the inside of the wrist. It's the lower hand on the stick with the wrist turned up that takes a real pounding from opposing players' sticks. If you have a youngster playing hockey, put on his gloves and look at the position of his hands on the stick and you will see what I mean. The upper hand is against the body with padding facing outward, while the lower hand has the padding facing downward and vulnerable to attack from above. That attack from a well swung stick can be devastating.

Another weak spot in most gloves is fibre not backed by padding. A piece of hard fibre can feel substantial but just try laying a piece of it over the back of your hand or wrist and whack it with a stick. It really hurts unless there is some shock absorber under it. Defects in manufacturing gloves will vary from one brand to another but they are not hard to spot if you know what to look for — foam rubber padding and unprotected gaps in the wrist area between the two pieces of fibre. Don't despair — reach for the ensolite and cut it to fit the unprotected area. Then glue or sew it in.

Two more things to watch for when buying boys' gloves. One of the most important senses in developing a boy's puck handling ability is "feeling" the position of the puck on the stick blade. The player's hands must become his eyes. To get this feel the gloves' palm leather should be reasonably thin, pliable and tough. This grade of leather is probably too expensive for boys' gloves but it doesn't hurt to look for it. In recent years there has been a tremendous improvement in boys' hockey gloves. The knock that I still have against most of them now is that they are way too big for the small boy to handle. Gloves that are too big destroy a boy's puckhandling ability to the same extent that skates one or two sizes too large handicaps his mobility or a stick handle cut off at the nose or chin retards his puck control. Hey! Everything has to fit for the little guy — skates, sticks and gloves.

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helps you  
know why.

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Grand  
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AND MEATS.

YOUR SATISFACTION IS OUR PLEASURE!!

Looking forward to seeing you...

Liz and Henry Alrutz

Hwy. 35 and 121 East



## Unique insulation devised by Gemstat

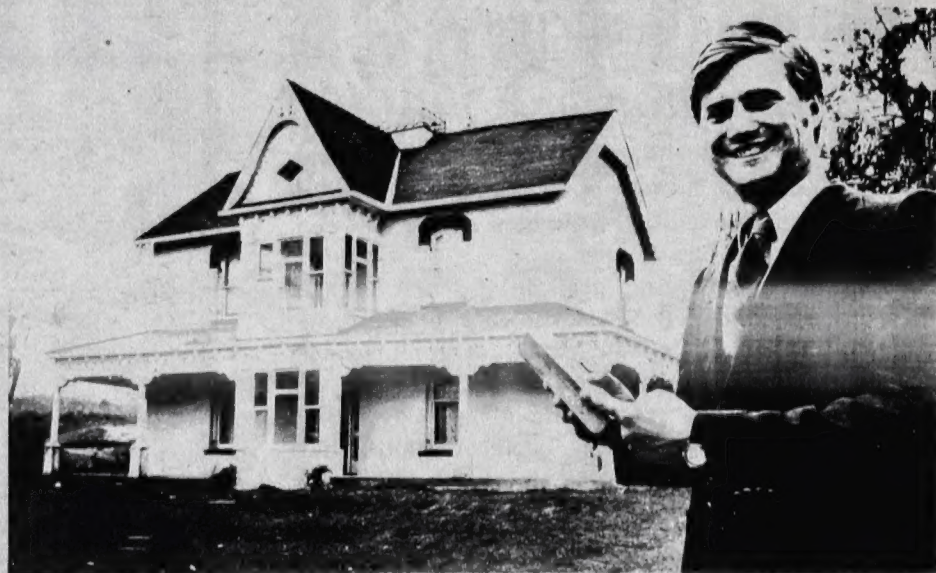
A new concept in insulation has been devised by Gemstat Ltd., an associated company of the Gem Group in Rexdale. Insulation can now be applied to building exteriors without the inconvenience of tearing out walls, putting up wall board or other preliminary preparations connected with insulating — and the outside is renovated at the same time.

Polystyrene or any other standard type of foam insulating board is mechanically fastened to the outside wall, then Gemite, a fibre cement of mortar-like consistency developed by Gemstat is trowelled or sprayed over the board. Since the Gemite can be white or tinted and has a finish resembling stucco when it is dry, the application of a finishing stucco is optional.

Ivan Razi, vice-president of Gemstat, had worked with the fibre cement material for about six years before incorporating it into an insulation process. Gemstat was awarded a grant in June 1977 through the ministry of industry and tourism's program for encouraging product and process innovation (PEPPI). The PEPPI grant was used to develop dry ingredients in the production of the Gemite so that it could be mixed into mortar form by just adding water.

Similar insulating methods are used in Europe, but Mr. Razi stressed the features that make Gemite distinctively different from other products on the market. He emphasized that it is an especially strong, tough coating that "breathes". It emits moisture, preventing peeling and cracking of outer layers, often caused by pressure of condensation between walls. Gemite's durability in freezing and thawing conditions has been proven in extensive tests by the Ontario Research Foundation.

Because the insulation covers the



This old house in Mono Mills is no longer an eyesore due to a new method of insulating devised by Gemstat Ltd. Ivan Razi, vice-president of Gemstat, holds a sample of the fibre cement, Gemite, which makes it possible to insulate and renovate at the same time.

whole outside area of a building, it eliminates heat leaks through thermal bridges such as supporting studs, resulting in a typical heat cost saving of 60 percent. The degree of insulation ("R" factor) is determined by the thickness of foam board used.

Gemstat has recently completed insulation on a house in Mono Mills, Ontario. This house is over fifty years old, constructed basically of wood with mortar topping. It is now fully

insulated with an "R" factor value of eight and the outside appearance has been vastly improved. For a finishing touch Gemstat topped the Gemite coating with stucco.

Gemstat's main market area will be construction companies and distributors since the Gemite is ideal for

meeting new building codes. They plan to produce a complete convenient Gemite board composed of the insulating board with Gemite coating, which would sell through do-it-yourself outlets.

Gemstat's fibre cement can be put to many other practical uses. It is a good anti-corrosion and rust proofing material for pipes and other metal products. It can also be combined with a hard protective covering and made into panels for the manufacture of items such as fire doors.

Gemstat Ltd. is a new, Canadian-owned high technology product development company, formed in December 1976 with two employees. They have since increased to six and recently moved to new facilities to meet growing production requirements.

## Thieves strip cars, trucks at Boice Motors lot

HALIBURTON — Sometime during the evening of Saturday, April 8th, thieves made off with \$632.00 worth of mirrors, fog lights and batteries from the parking lot of Boice Motors in Haliburton on Hwy. 121.

Investigation into the theft is being conducted by PC Al Bibby of the Minden OPP.

### The Provisional County of Haliburton

**HAWK LAKE ROAD  
(County Road No. 13)**

**DEEP BAY ROAD  
(County Road No. 2D)**

THE COUNCIL OF THE PROVISIONAL COUNTY  
OF HALIBURTON PROPOSES TO PASS A  
BY-LAW AUTHORIZING:

1. The construction of a by-pass road around the existing Hawk Lake Road (County Road No. 13) in the Township of Stanhope, from Queen's Hwy. No. 35 to Lot 15, Con. 9, Township of Stanhope, to a basic width of 100 feet with additional widening at cuts, fills and intersections; the clearing, grubbing, fencing, grading, gravelling and paving thereof to provide a basic two lane roadway with additional turning lanes at intersections, together with the construction of all culverts, drainage works and all related works and undertakings and the acquisition of the necessary lands and interests in lands.
2. The construction of a by-pass road around the existing Deep Bay Road (County Road No. 2D) from the Bobcaygeon Road to Lot 4 and 5, Con. 1, Anson Township to a basic width of 100 feet with additional widenings at cuts, fills and intersections; the clearing, grubbing, fencing, grading, gravelling and paving thereof to provide a basic two lane roadway with additional turning lanes at intersections, together with the construction of all culverts, drainage works and all related works and undertakings and the acquisition of the necessary lands and interests in lands.

The Road Committee of the Provisional County of Haliburton will hold a meeting at 1:30 p.m. on the 24th day of April, 1978 in the County offices, Newcastle St., Minden, Ontario, at which time they will hear in person or his counsel, solicitor or agent, any person who claims that his lands will be prejudicially affected by the by-law and who applies to be heard.

Information with regard to the above proposed work may be obtained at the office of the County Engineer. (Telephone 286-1762).

DATED at Minden Township this 24th day of March, 1978.

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FACIA, SOFFIT, TRIM  
STORM WINDOWS and STORM DOORS**

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Dealer for General, Michelin, Sumitomo and Bridgestone.

We stock truck, tractor, skidder and passenger tires and tubes.

All tires mounted and balanced. Oil changes and grease jobs.

Main St., Haliburton, Ont.

(behind the Red & White)

Phone 457-1258

Evenings 489-2667

**FOR SALE: Cassette player** for vehicle. Never used, 286 1105.

**FOR SALE: 1973 Moto-Ski 440 Capri**, original owner, low mileage, back rest and carrier. Call 286-1105.

**Woman's Navy all-weather Coat**, size 14-16. Phone 457-2672.

**FOR SALE: 1975 Olympic 300 Ski-doo**, like new and a 1972 340 TNT. Call 286-2082 after 5 pm. (6c)

**FOR SALE: Dual 1225 turn table; Marantz 1120 integrated stereo amplifier**, 60 watts per channel RMS; Integral EPI power amplifier boosts power to 150 watts per channel RMS; and four Cerwin vega speakers. Above items will be sold individually or as a package. Suitable for DJ work. Call 286-1105.

**SKATES**, girls' size 10½, \$3 call 286-2429.

'69 COMET (for parts) \$75. Good motor, hd shocks, new parts, call 448-2176.

**WINDOW AIR CONDITIONER**, \$100. Phone 286-2429.

**22 CALIBRE Repeat RIFLE** 3 months old, excellent condition. 286-1844 ask for John

'71 SKIDOO Nordic, \$450.00 Phone 286-2096.

**FLOOR POLISHER** \$5. call 286-2429.

**1972 RUPP Snowmobile**, 30 hp electric, \$400 or best offer. Call 489-2036.

**TRUCK CAP (Wood)** carriers windows and screens. 6' box, \$45. Call 448-2176.

**1972 TNT 640** completely overhauled, good condition. Reason price, 1 owner, call 286-2096.

**ROCKING CHAIR**, dresser, spool bed frames, clock, sewing machine, some antiques, many items. 489-2297

**MINDEN CENTRAL** — four bedroom, ideal for home, office, business, good terms phone 457-2320 or 286-1454.

**1 Antique sideboard**, oak, over 100 years old. Phone 457-2018.

**LADIES CLOTHING**, suits, coats, dresses, long and short, boots, shoes, purses, good and cheap. Box 332, Minden.

## FOR SALE

**1973 CHEVELLE WAGON**, good body, runs well, \$750. cash. Call 457-2320 evenings 286-1454.

**CHEST FREEZER**, excellent condition \$125. or best offer. Box 332, Minden.

**STEEL SHOWER STALL**, 30" square and fittings, never used. Phone 754-2294.

**1970 SNOWCRUISER** excellent condition, 28 hp with reverse and a spare motor. Phone 754-2294.

**BABY BOA-SKI 1971**, extra heavy duty construction, rotary motor, low mileage — \$450. Call Elvin Johnson, 489-2878.

**One Antique Buffet** with six oak chairs, need recovered. Call 457-2018.

**Portable Electric Heater** — with thermostatic controls, \$15. Call 454-8812.

**1959 GMC 1 ton panel**. Four speed auto, as is, suitable for camper.

**INGLIS DRYER**, like new, 30 ft. of cable and plug included, \$130. Call 454-8812.

**Antique SCHUBERT PIANO** in good condition with stool, please call 286-1751.

**ANTIQUE GRAND PIANO** (upright) perfect condition, scraped to natural wood finish (circa 1830-50) \$1200.00 Call 457-1951.

**8 MM MOVIE PROJECTOR** one super 8 movie projector. Call 286-2154 evenings.

**SALAD BOWLS**, serving platters, warming casseroles, drapes, Sherbert glasses etc call 489-2237.

**CHEV ENGINE**, LT 350 hp, complete job, 5000 miles since built, call 448-2264.

**WOMAN'S WARDROBE** — slacks size 16, shoes size 7-7½. Some never worn. Call 457-2672.

**SPLIT LEATHER PANT** coat with zip out lining. Size 14-16, phone 457-2672.

**Electric lawn mower**, hedge trimmers, traps, belts, coleman lamps and stove, many other items. 489-2297.

**Woman's Camel Pant Coat** size 14-16, phone 457-2672.

**Gendron Baby Carriage**, converts to stroller and bassinet. Excellent condition, phone 286-1852.

**VACUUM CLEANERS** and sewing machines. Repairs & new hoses. 457-1103. (14

**BABY ARTICLES** — mesh playpen, walker, playtex bottles, lounge chair etc.— 286-1117. (14

**TWO HAIR** — 1 Steam curlers, 1 blow designer. Phone 489-2937. (14

**1972 MAVERICK SPRINT**, excellent cond. 302, 3 speed 2 door, 51,000 miles. Metallic blue, must sell, 457-1956 after 6 pm. (14

## FOR SALE

**TELEPHONE BENCH** in Maple with needlepoint seat \$60. Call 457-1409.

**CANON TX**, 2 years old — \$199.00; 28mm wide angle lens, \$125.; Tele-converter, \$25. and adapter \$10. Call 286-1318.

**ELECTRIC HEATER** never used. 286-1234.

**Large GENDRON drop side Crib** \$35.00. Phone 489-2514 after 6 pm.

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A new service for you! Have your old tires made new.

**W. H. TREADS**  
(Wentworth's Marina)  
offers you quality work at competitive prices. We do top cap or full tread. Phone 457-2282 for more details.

**SPECIAL  
EARLY BIRD BONUS  
10% OFF  
work done by April 15.**

**WOOD STOVE**, possible antique, will take 24" logs, best offer, 489-2036 after 6 pm.

**SAXAPHONE**, "C" melody silver plated, with case — call 286-2258.

**WROUGHT IRON telephone bench** with needlepoint seat, \$60. Call 457-1409.

**BIRD CAGE** and stand, like new. Reasonable 286-1234.

**GOOD HOME** for ¾ Saint Bernard. Female 1½ years old. Intelligent and friendly 457-2022. (14

**KNITOMAT** — Custom 180 hand knitter \$20. Telephone 286-1894. (14

**OIL HEATER** with fan good condition. Auto draft control incl. 766-2922. (14

**SMALL CHINA CABINET**, with sliding doors. B. Crofts Haliburton. (14

**WEDDING DRESS** and two evening gowns, size 10 & 12 call 286-1117. (14

**TYPEWRITERS** — 2 used portables. Both for \$40. Call 489-2937. (14

**TELEPHONE answering device**, D.O.C. approved, \$99. Like new, 457-2022. (14

**1976 TNT 340** fan cooled long wide track. Tach, speedo, \$1200. 286-1894. (14

**Family size 4 cycle dryer**, like new cond. Phone (705) 766-2922. (14

**YOUNG MAN'S Glen Check suit**, size 38. Worn only a few times. B. Crofts, Haliburton. (14

**1975 MONTE CARLO**, A-1 condition, 3100 miles. Call Scott 286-1823. (14

## MISCELLANEOUS

**BABYSITTER** available for Monday to Friday in my home. \$25 per week. Carnarvon area, call 489-2036.

## FOR RENT

### SPRING CLEANING? —

**RENT OUR RINSEVAC** the new compact carpet cleaning machine at only \$12.00 per day. Available at Hillside Pro Hardware Main St., Minden 286-1171

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**Save 50¢**

Offer expires April 15th.

## WANTED

**25 h.p. wide track SNOW-CRUISER** in good condition. 457-1147 after 6 pm.

**HOME** for Siamese cat, female, spayed, two years old Phone 286-2154 evenings.

**17 YEAR OLD** out of school will do anything, reliable. 286-1844 ask for John.

**FRESH EGGS** — (white or brown) from hens fed non-medicated feed. Wayne Henderson 286-1424.

**Selfpropelled Lawn Mower** in good condition. LawnBoy preferred. Phone 457-2817.

**COOKSTOVE** in good condition. Phone 286-1424 (10-5 pm) or 286-2340.

## Coming Events

H.H.S.S. Glee Club will be performing Gilbert & Sullivan's UTOPIA LIMITED at Haliburton Highlands Secondary School on May 3, 4, 5 & 6; curtain time, 8 p.m. Admission at the door, adults \$2.00; students and children \$1.00. (14-4c

## SERVICES

**CASH REGISTERS** — Sales, Service, Supplies. All makes of business machines. Authorized Victor dealer. Financing arranged. Call Don Wolfram 286-1369 — Open evenings. (14tfn

**Perform a death-defying act.**



**Have regular medical check-ups.**

Give Heart Fund

If you were born this week: You are impulsive, warm-hearted and freedom-loving. You don't like strings to be attached to you in any way; you want to initiate any ties you choose to have yourself. You are something of a gadabout and like to travel. You'll pick up and go on a moment's notice.

**ARIES (3-21—4-19):** Draw a bit closer to your hearth this week. Aries. Your home fires need to be tended. Sometimes you become so wrapped up in what YOU'RE doing that you momentarily forget that there are others to be considered, too. Your days close in a purely lovin' manner if you heed Samantha.

**TAURUS (4-20—5-20):** You have a great deal of common sense. Taurus, so it's only natural that others seek you out for advice. And you DO enjoy giving it. After this week, though, you may want to take in your "ask Taurus" shingle and hide it.

**GEMINI (5-21—6-20):** Take a good look at your bankbook. Gem, and think twice before getting into it. That expenditure you're pondering may not prove to be the wisest choice. The week rolls on with a bouquet and an invitation to fun.

**MOONCHILD (6-21—7-22):** If you try to meet opposition head on, you're liable to find yourself butting against a stone wall. Moonbaby. There's nothing sneaky about tiptoeing around to the back door and walking in easily that way. It only shows how smart you are, subtle one! Days glide to golden finale.

**LEO (7-23—8-22):** Don't spend valuable energy fighting yourself. A puppy who chases his own tail just ends up tired and in the same spot. Leo. If at week's beginning you can't decide on a course of action, hang loose. Latter days bring a strong signal for you to home in on. Expect a kissing conclusion.

**VIRGO (8-23—9-22):** Former friend may resurface this week. Virgo. Be pleasant, finish any old business you two may have, then wave goodbye. Later, your ego gets a welcome boost and you'll do

well to listen to your "still small voice."

**LIBRA (9-23—10-23):** Be flexible in your expectations, Libby, and realize that, at present, you're operating in a rather restricted framework. Don't sulk about it — just get out there and do what you can within it! Later, fun time. Hurray!

**SCORPIO (10-24—11-22):** Avoid emotional over-reaction, Scorp. And, my pet, don't try to read 10,000 meanings into the simplest occurrence. Do use your creativity — the sky's the limit this week. Later, sit back and watch the fireworks.

**SAGITTARIUS (11-23—12-21):** Romantic partner may be in a mothering mood, Sag. And, for you, the line between "mothering" and "smothering" is very narrow to say the least. Accept it as gracefully as you can and week ends in your own kind of loving style.

**CAPRICORN (12-22—1-19):** You may have to contend with temperamental behavior this week. Cappy, both your own and others. Try to keep on an even keel; the water's still too chilly for a dunking. Later, an extremely interesting proposition is made.

**AQUARIUS (1-20—2-19):** Helpful Aquarius, you may find yourself with a bent ear and a soggy shoulder as others come to you for comfort. When enough has become enough, seek out an also-ramp Taurus and split for funville. Spicy encounter closes week.

**PISCES (2-20—3-20):** Romance is in the air, Pisces, bursting forth into blossom like all the buds on the trees. Enjoy, sweetheart. Later, you need to have your efforts appreciated. And if they're not, hang up your "out to lunch" sign and GO.

## JUST FOR YOU!

A new home, a used home,  
a new car, a used car—  
You Can Find It All In  
The Classified Columns  
Of The Highlands Express

TRY IT THIS WEEK AND SEE!

## NOTICE

Under the Forest Fires Prevention Act,  
The period from April 1 to October 31 in each year shall be a fire season.

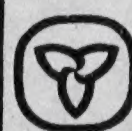
Fire permits are required in a fire district  
• for all outdoor burning except cooking or obtaining warmth

• to ignite fireworks within 1000 feet of a forest or woodland.

A work permit is required to conduct any operation which is liable to cause an accumulation of slash or debris within 1000 feet of a forest or woodland.

No person shall smoke while walking or working in a forest or woodland.

Fire permits may be obtained from local Ministry offices or township fire wardens.



Ministry of  
Natural  
Resources

Ontario

Hon. Frank S. Miller  
Minister

Dr. J. K. Reynolds  
Deputy Minister



# BEING FAT DOESN'T MAKE YOU A GLUTTON, FOOD SCIENTIST SAYS

There's more to being fat than meets the mouth, a specialist in food science said today.

Dr. Gilbert A. Leveille, of the Department of Food Science and Human Nutrition at Michigan State University, said not all fat people should feel guilty of gluttony. Their metabolism, not their appetites, may be responsible.

Speaking at the Kellogg Nutrition Symposium, Dr. Leveille said understanding of the causes of obesity is limited.

Because of this, he said methods for treating the obese are not very effective.

Authorities in the field of nutrition gathered at the symposium to listen to Dr. Leveille and other experts. Nutritionists, doctors and health educators were invited by the sponsor, Kellogg Salada Canada Ltd.

Dr. Leveille called obesity a "disease" resulting from a variety of causes and in many cases involving "widespread underlying metabolic abnormalities".

He said some cases of overweight seem to involve steps which regulate energy use in the body, specifically so-called 'futile' steps which use up energy but serve no apparent useful purpose.

Normally, these steps act as 'release valves' which compensate for variations in the level

of energy intake, but their reduced efficiency could lead to either obesity or chronic underweight.

"While this hypothesis is not new, there is an increasing amount of evidence supporting it both from animal and human studies," Dr. Leveille said, adding "the real challenge is

to find practical and effective means of preventing and correcting overweight problems."

Without an understanding of the mechanisms of the body which control weight, the decision to lose weight through dieting could be the beginning of an "obesity cycle", Dr. Leveille said.



Dr. Gilbert A. Leveille

## ATTENTION HOUSEHOLDERS

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**nearly new or used**

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Postal Code .....

AD TO READ:

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Be sure to put your name or telephone number in your ad also. Minimum words, 15.

Please place my FREE "ACTION AD" in The Express. Tear out both coupons and send to The Express, RR 2, Minden, KOM 2K0

Name .....  
Address .....  
Postal Code .....

FREE AD TO READ:

\_\_\_\_\_

Be sure to put your name or telephone number in your ad also. Minimum words, 15.

## Crossword Puzzle

Here's the Answer

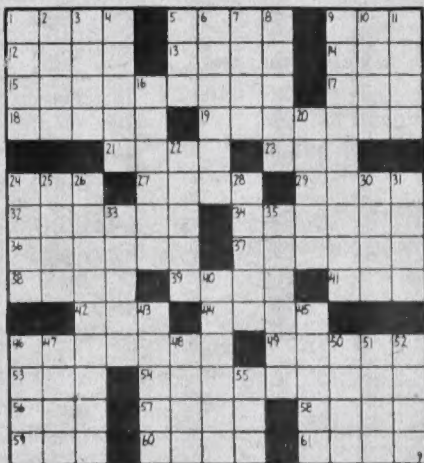
### Common Sayings

#### ACROSS

- 1 — and master
- 5 Give him what he — for
- 9 From — to worse
- 12 Wing-shaped
- 13 Let it stand
- 14 High note of Guido's scale
- 15 A cheer leader uses it
- 17 — and abet
- 18 Shelley wrote them
- 19 Italian street
- 21 Cornmeal porridge
- 23 Worm
- 24 Baby food
- 27 Lad and —
- 29 Chemical suffix
- 32 Frightens
- 34 — pension
- 36 Hold back
- 37 Dueling rules
- 38 — of kindness
- 39 Petty quarrel
- 41 Knowledge
- 42 Musical instrument (coll.)
- 44 Continent
- 46 Follower
- 49 Groove
- 53 Japanese outcast
- 54 Surprising
- 56 Label
- 57 Prayer book
- 58 Toward the sheltered side
- 59 Pronoun
- 60 Dregs
- 61 Snow vehicle

#### DOWN

- 1 "Lady with the —"
- 2 — margarine
- 3 Fury
- 4 Small measures
- 5 Burned paper
- 6 "She — to Conquer"
- 7 English county
- 8 Metric measure
- 9 Jack and the —
- 10 Landed
- 11 Pedestal part
- 16 The — of David
- 20 All joking
- 22 Spars
- 24 — Brazil
- 25 Fish sauce
- 26 Feeding grounds
- 28 Effervescent drinks
- 20 Eye — suggestively
- 31 Man's name
- 33 Ventures
- 35 Stunged instrument player
- 40 Easter —
- 43 Anti-septic
- 45 Volume of maps
- 46 Teachers —
- 47 Western state
- 48 French verb
- 50 Small stream
- 51 Arrow poison
- 52 Old
- 55 Artificial language (pl.)



## Ask Alma

Dear Alma: Please settle a family argument for us. We took a pair of pants with a broken zipper to our tailor to be repaired. He is Chinese. After looking at the pants he said that he didn't fix "gyppers" (pronounced with a soft g). Our kids giggled and my husband replied that he would take it elsewhere to have the "gypper" fixed. This made the kids giggle even more. The argument that followed is what I want you to settle. When someone with an accent pronounces a word differently and you repeat it in his presence, should you pronounce it like he does, or like you do?—A.R., San Francisco.

Dear A.R.: When someone uses "ain't", or poor grammar or profanity in your presence, do you do the same? Repeating a man's error was a form of ridicule. Your giggling children attested to that. Don't be surprised if the next pair of pants you take to the tailor comes back with both legs sewn shut.

ber its beauty of many years ago and only wish it was like that now. I want to do something but I am only one person. How can I motivate my neighbors to help? — Senior Citizen

Dear S.C.: Caring people like you play an important role in cleaning up our country's streams. Today the perch are back in Lake Erie after a 30-year absence and walleyes have returned to Fox River, Green Bay, after 55 years. One thousand streams across the country have been adopted and restored through the Save Our Streams project. Write to Isaak Walton League of America, 1800 North Kent Street, Arlington, VA 22209. They will send you a packet containing a citizen's action procedure kit and teach you how to test your polluted creek and what to do with your findings. They'll also tell you how to register your creek and how to mobilize your neighbors or a local organization. Good luck.

Dear Alma: I am disgusted with the filthy condition of a nearby creek. It is cluttered with beer cans and trash. The fish have long since died. I remem-

HAVE A QUESTION about yourself or people you know? Write to ASK ALMA c-o this newspaper and watch for the answer in this column.

## PHOTOGRAPHY

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